



2025 GLEN LEGLER NCHS CROSS COUNTRY INVITATIONAL

Paradise Valley Golf Course



All athletes must be registered in MileSplit.

DATE: Thursday, October 9, 2025

SITE: Paradise Valley Golf Course

LOCATION: **Address:** 70 Magnolia Street – Bus please drop kids and then park by PV Elementary

PARKING: School Bus and van parking (more bus parking instructions to follow with a map)
Drop off athletes at clubhouse / Buses follow parking attendants' directions

RSVP: By October 8th to Spencer Cantrell at william8133@myncsd.org with maximum number of competitors in each JV Division. MileSplit entry window will close at 12PM on October 8th.

STARTING	GIRLS' V – 12:00 p.m.	GIRLS' JV – 1:30 p.m
TIMES:	BOYS' V - 12:45 p.m.	BOYS' JV – 2:15 p.m.

- **THIS WILL BE A 5K RACE**

- The varsity teams will be permitted to enter a maximum of seven. Junior varsity competition will be unlimited.
- Coaches – Reminder that you may not aid or abet your runners during the race.
- If a course disqualification occurs, the first team finishers will be disqualified if the offending runner cannot be identified by number.
- It is of major importance that each coach makes sure that his or her team members are fully knowledgeable of the course layout.
- Upon your arrival you will be given 2 numbered gum labels per competitor. These will have your runners' name and school on both labels, as you entered them, with matching numbers. Please give each runner his/her gum labels immediately upon finishing the race and before they reach the end of the chute.
DO NOT REMOVE THE GUM LABEL FROM IT'S BACKING.
These labels are to be given by the runner to the official in the finish chute.
- Please instruct your runners upon crossing the finish line to proceed down the chute to the official scorers. They are not to leave the finish chute beforehand.
- Coaches and spectators will not be allowed around the finish line or the official's scoring table.

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_____ WILL ATTEND _____ WILL NOT ATTEND

NAME OF SCHOOL _____

NAME OF COACH _____ PHONE # _____

VARSITY BOYS _____
(MAX. - 7)

BOYS J.V. _____

VARSITY GIRLS _____
(MAX. - 7)

GIRLS J.V. _____

REGISTER RUNNERS ON:

MileSplit.com – search Glen Legler Invitational

By October 8th at 12:00 PM

Spencer Cantrell (AD): office (307) 253-1554

Amanda Forbes (Activities Assistant): (307) 253-1530

Becky Sondag (Head Coach): (307) 258-2972

